



## WEEKLY NEWSLETTER



### **How To Keep Your Kids Safe With The Internet.**

Are you a parent of a tween or teen? Are they begging for a phone or do they already have one? Technology and the internet are great tools for education and remaining connected with peers. However, the dangers of the internet and social media are very real. With the rapid rate of advances in technology, you probably feel like you cannot keep up and your child might be teaching you!

Tips for Healthy and Safe Internet Use-

1. Parents must have access to everything. Your teen needs your support and having a phone is a privilege. All passwords and logins need to be shared with parents.
2. Set clear expectations. Before phones are given, parents need to address the rules and consequences for inappropriate phone/internet use. Parents have the ability to search the phones/tablets/computers at any time.
3. No screens at bedtime. All family members should leave their phones/tablets/computers outside of their bedrooms. Your teen might

say “but I use my phone for my alarm”! Your response is, “I know. Me too. We will all get alarm clocks”. Beds are for sleeping, not scrolling through TikTok.

4. Discuss the dangers of the internet- cyberbullying, predators, nude photos, pornography, identity theft, scams, etc.
5. Do your own research- learn about the new social media apps, see what trends are out there that could be dangerous to your child.
6. Use protection software- there are apps for parents to use that flag any suspicious activity (for example: Bark)
7. Limit screen time for all family members. Parents need to lead by example and not use phones/tablets/computers during meals, bedtime, or during a family activity.

As a family, it is important to address these concerns sooner rather than later. Parents need to be consistent with the expectations and follow through on the consequences. In this digital era, we all can become consumed and your family can work together to provide healthy boundaries and safe internet use.

Samantha Prieto, LMFT

Resources:

<https://www.safewise.com/resou...>

- Krippa Family Psychological & Wellness Services is excited to announce that our Teen Intensive Outpatient Program (IOP) has moved to our latest location in Cary on Fountain Brook Circle A.! This unique property is a warm and inviting space.

### **GROUP THERAPY:**

- We are currently offering numerous Groups for children, teens, and adults, including:
  - Anxiety & Depression Group for tweens (11-13)
  - Teen Anxiety & Depression Group (14-15)
  - Teen Anxiety & Depression Group (16-18)
  - Teen Empowerment & Growth Group
  - Teen Social Club
  - Parenting Teens Support Group
  - Intensive Outpatient Program

**TEEN EMPOWERMENT GROUP**



MEETING EVERY MONDAY AT 5PM

**IN THIS GROUP YOUR TEENS WILL LEARN VALUABLE SKILLS RELATED TO:**

- GREATER SENSE OF SELF
- SELF ESTEEM
- COMMUNICATION AND SOCIAL SKILLS
- HEALTHY RELATIONSHIPS BETTER BOUNDARIES

Phone consultation required call: (919) 893-9444, press 1 schedule or visit <https://ncpsychologist.com/group-therapy> to schedule online and for more information

**Social Skills Group**  
HOW TO TALK WITH FRIENDS



**Learn Skills Related To:**

- Talking With Friends
- Understanding Emotions
- Learn How to Interact With Others
- Healthy Relationships & Boundaries
- Making Friends

12 WEEK CLASS  
\$50 PER CLASS  
\$200 DEPOSIT

[WWW.NCPsychologist.com](http://WWW.NCPsychologist.com)

**Who:** Youths Ages 8-12  
**When:** Thursdays @ 6:15 pm  
**Where:** Cary, NC

For More Information: (919) 893-9444

**DEPRESSION & ANXIETY GROUP (13-15)**

IN PERSON  
THURSDAY FROM 5-6PM  
109 HOLLEMAN STREET APEX, NC

**TEENS IN THIS GROUP LEARN TO:**

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit  
\$50 per group  
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

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